

As a reminder our RPE weight scale is as follows:						
Light: technique focus. controlled movement. won't be sore the next day						
Medium: challenging but can complete all reps and all sets with perfect technique						
Heavy: Can barely compete the last rep in each set						
Vheavy: Maxed out. Likely needs a spot to finish the last rep						
Dynamic: Light but quick, precise movements. Lifting as quick as you can						
MAX STRENGTH DAY 2						
Aerobic Warm up	At least 15 min					
Activation - no circuit	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Foam roller chest stretches	1-2 min	1-2 min	1-2 min	1-2 min	1-2 min	1-2 min
90 / 90 hip stretch	60 sec each side	60 sec each side	60 sec each side	60 sec each side	60 sec each side	60 sec each side
Clam shel hip ups	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side	x 15 each side
lateral lunge hip stretch	2 x 10 lunges each way	2 x 10 lunges each way	2 x 10 lunges each way	2 x 10 lunges each way	2 x 10 lunges each way	2 x 10 lunges each way
ladder drills	8 passes various drills	8 passes various drills	8 passes various drills	8 passes various drills	8 passes various drills	8 passes various drills
Lateral hurdle march	2 x 5 hurdles each way	2 x 5 hurdles each way	2 x 5 hurdles each way	2 x 5 hurdles each way	2 x 5 hurdles each way	2 x 5 hurdles each way
Lateral hurdle A skip	2 x 5 hurdles each way	2 x 5 hurdles each way	2 x 5 hurdles each way	2 x 5 hurdles each way	2 x 5 hurdles each way	2 x 5 hurdles each way
lateral bound (hold landing)	3 x 10 total	3 x 10 total	3 x 10 total	3 x 10 total	3 x 10 total	3 x 10 total
lateral bound w/ tuck jump	3 x 8 each side	3 x 8 each side	3 x 8 each side	3 x 8 each side	3 x 8 each side	3 x 8 each side
General Lifts - Do not circuit	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
optional power add						
power: power clean	3 x 6 light/med	3 x 6 light/med	3 x 6 med/heavy	3 x 4 heavy	3 x 4 heavy	3 x 4 heavy
Bench Press	3 x 6 medium	3 x 5 med / heavy	3 x 5 heavy	3 x 4 heavy	3 x 4 Vheavy	3 x 4 Vheavy
BB hip thrusters	3 x 6 medium	3 x 6 medium	3 x 5 med/heavy	3 x 5 med/heavy	3 x 5 med/heavy	3 x 5 med/heavy
weighted pull up	3 x 5 med	3 x 4 heavy	3 x 4 heavy	3 x 3 Vheavy	3 x 3 Vheavy	3 x 3 Vheavy
optional general add						
general: reverse pull up	3 x 10-15 or max	3 x 10-15 or max	3 x 10-15 or max	3 x 10-15 or max	3 x 10-15 or max	3 x 10-15 or max
Core circuit 2-3 times through	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Swiss ball V up	x 12	x 15	x 15	x 20	x 20	x 20
TRX Hip AB	45 sec	60 sec	60 sec	60 sec	60 sec	60 sec
BB rotations	x 20 total	x 20 total	x 20 total	x 20 total	x 20 total	x 20 total
quadruped DB pass	x 20 total	x 20 total	x 20 total	x 20 total	x 20 total	x 20 total
dead bugs	x 60 sec	x 60 sec	x 60 sec	x 60 sec	x 60 sec	x 60 sec